



*EBAN 3D Collaborative™*

**Defeating Diabetes Disparities**

## Healthy Dietary Modifications

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# Healthy Eating for Your Heart

- **Eat Less Fat (butter, ghee or oil). Eating too much fat can clog your arteries, increase cholesterol & triglycerides and cause you to gain weight.**
- **In cooking, use a small amount of fat, no more than a teaspoon or the tip of your finger.**

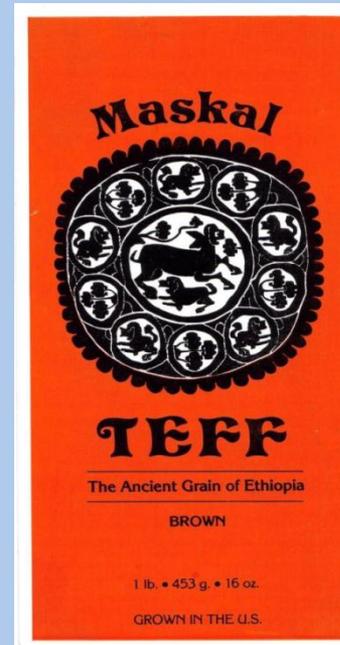
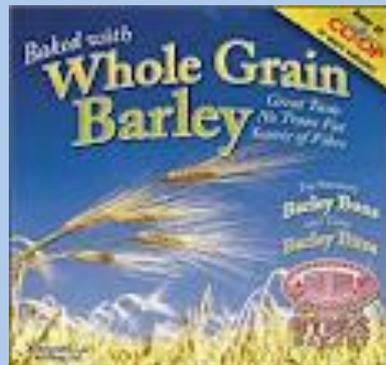
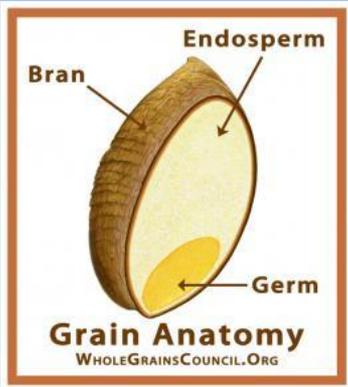


- **Remove the top layer of fat from dishes and sauce “wot”.**
- **Switch to nonfat or 1% dairy (milk, yogurt & cheese).**
- **Trim visible fat from meats.**



# Healthy Eating for Your Heart

- Eat more whole grains. Use whole grain teff, millet, barley, wheat, & corn to make “enjera”, breads and porridge. When you eat whole grains, you get more fiber and more micronutrients like folic acid, magnesium, and vitamin E. Eating whole grains can reduce the risk of heart disease, cancer and diabetes.



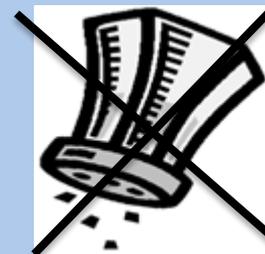
# Healthy Eating for Your Heart

- Eat More Fruits and Vegetables, fresh or frozen
  - Enjoy spinach, kale, lettuce, beets, broccoli, cauliflower, carrots, onions, zucchini, cabbage, peppers, pumpkin, squash. Include fresh fruit such as apples, orange, bananas, papaya, mango, grapes at meals and snacks



- **Use Less Salt**

- Use fresh herbs & spices (red chili, cardamom, cumin, black pepper, cloves, cinnamon, garlic, ginger, basil, tumeric) to season dishes instead of salt.



# Healthy Eating for Your Heart

- **Eat more legumes, beans and peas and nuts and seeds & less animal protein.**



# Healthy Eating for Your Diabetes

- The kinds of foods we eat and how much of those foods affect our blood sugars.
- There are some things you can do to manage what you are eating.
- **Limit the amount of fat and oil you use and add to your cooking.**

**Use less butter, oil and added fat in your cooking. Limit fried foods like sambosa, burkaki mandazi, maqhumri, roti and chapathi cooked in oil. These foods are high in fat and calories and may lead to weight gain.**

**Eat this on special occasions, it is too high in calories & fat.**



# Healthy Eating for your diabetes

- **Eat smaller portions**

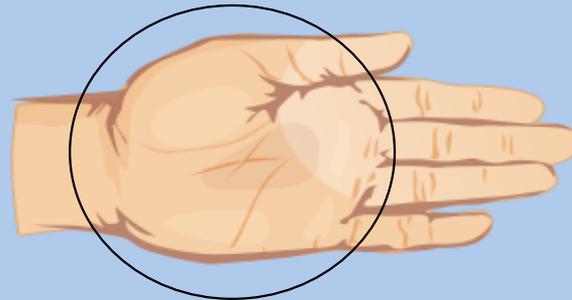
Have 1-2 small injera per meal.



Have 1 slice of bread per meal.



Eat smaller portions of rice and noodles. Instead aim for 1 cup (fist-size portion) of pasta or rice per meal. Do not eat rice/noodles and bread/injera at the same meal.



# Healthy Eating for your diabetes

- Do not add sugar or honey to tea or coffee. Limit sweets. Have a piece of fresh fruit instead of eating high calorie sweets. Do not drink sugary drinks like regular soda or fruit juice as these are too high in sugar. Drink more water, 6-8 cups a day.
- Use an artificial sweetener (Equal<sup>®</sup>, Splenda<sup>®</sup>, Sweet'n Low<sup>®</sup>) instead of sugar in coffee or tea.

**Sugar, honey and sweets will cause a large rise in your blood sugar and add excess calories that lead to weight gain.**

Drinking tea with added sugar and sweets will make your blood sugar go too high.



**Use the below artificial sweeteners instead of sugar and honey.**



## Ethiopian Plate



## Somali Plate



Fill half your plate with vegetables,  $\frac{1}{4}$  plate with starch (rice, pasta, or injera), then  $\frac{1}{4}$  with lean protein

# Healthy Substitutions for East African Diets

Instead of:	Use this:
Injera made with white flour or pancake mix	Teff, corn or whole wheat flour
white pasta	whole wheat pasta
white rice	brown rice
white flour	whole wheat flour
sugar or honey	sugar substitutes: Equal, Splenda, Truvia, Sweet'N Low
salt/high sodium hot sauces	fresh herbs/spices or salt-free herb blends, onion/garlic/celery powders, vinegar, hot peppers, chili peppers, red pepper flakes, sriracha
whole milk or yogurt	1% or skim milk or non-fat yogurt
fried meats, chicken, fish	baked, grilled or roasted
egg yolks	egg whites/egg substitutes
butter	canola or olive oil in small amounts and/or non-stick spray

# Common Somali Foods

## **Carbohydrates:**

Injera (6-8 inch diameter)

Rice and pasta

Tea with lots sugar (4-6 cups/day common)

Roti-pan cooked bread without oil

Chapathi-pan fried bread using oil or butter

Muufa-bread made with corn flour, salt, sugar and baked like a cake

Malawa-looks like pancake made with flour, sugar, oil & eggs; may be served with/without honey

Burkaki (mandazi)-balls made out of injera mix, deep fried OR chapathi rolled out of injera dough, cut in triangles & fried

Maqhumri-dough made of flour, sugar, eggs, baking powder; 2-3 inch balls of dough deep fried

Sumbosa-curry puffs stuffed with meat, vegetables and deep fried; traditional at celebrations or when break fast

Halwa-candy made of sugar, little flour, ghee (clarified butter)

## **High fiber:**

Ambola-red beans boiled in water; sometimes mixed with rice, pinch salt; smeared with sesame oil & sugar, when served

Fool-pinto beans, tomatoes, onions in water; onions fried before adding

## **Protein foods:**

Lamb, goat, beef or chicken; also beans, eggs, fish

Meat sauce/curry-ground beef or fried/baked goat meat, mixed vegetables, lots spices

Sukar-beef and tomato sauce or beef and vegetable sauce

Kabaab-ground lamb or beef mixed with spices and baked or grilled

## **Fruit/vegetables:**

banana, dates, oranges, pears, grapes, mango most common

carrots, tomato, potatoes, green peppers, onions, spinach, lettuce, some broccol

# Common Ethiopian Foods

## **Carbohydrates:**

sugar or honey to sweeten coffee or tea

Injera-8-16 inches in diameter

Rice, pasta and homemade bread

Genfo-porridge made from barley or wheat flour; butter/oil & spices fill middle of porridge (served for breakfast)

## **Protein foods:**

beef, lamb, goat or chicken; also eggs, fish, beans/lentils

Wot-traditional dish made of meats, legumes, vegetables cooked into stew; base of all stews is mix of spices and oil or butter

## **Fruits/vegetables:**

Tropical bananas, mango, oranges and papaya are familiar

Green peppers, mustard greens, collard greens, kale, spinach, carrots, tomatoes, green beans, onion, cabbage, salad

Website:

<http://ethnomed.org/clinical/diabetes>